

Est. 1958

VENUS

GLUTEN FREE MENU

OUR CAFES: TEIGNMOUTH SEA FRONT, BROADSANDS BEACH, BIGBURY ON SEA BEACH
PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BELOW

Served until 11:30

BREAKFAST

Full breakfast served with 2 slices of Knife and Fork gluten free sourdough, with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

Items cannot be swapped from a set breakfast but you are welcome to order additional items

GLUTEN FREE BREAKFAST

£13.99

Two rashers of English back bacon, two free range eggs, one gluten free pork sausage, Heinz baked beans, two hash browns, and 2 slices of Knife & Fork gluten free sourdough with butter (EG, BT, SP)

GLUTEN FREE SOURDOUGH TOAST

THREE SLICES OF KNIFE & FORK GLUTEN FREE SOURDOUGH TOAST

£4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

ALL DAY BREAKFAST BAPS

In a gluten free seeded bap (EG)

GLUTEN FREE SAUSAGE

£8.99

Two gluten free pork sausages (SP)

GLUTEN FREE BACON

£8.99

Three rashers of English dry cured back bacon

FRIES

POT OF FRENCH FRIES (VG)

£3.99

CHEESY FRIES (V) (CH)

£5.99

SPICY SEASONED FRIES (VG/GFO)

£4.99

Crispy delicious fries tossed in our secret seasoning mix of 8 spices

LOADED FRIES

Large portion of fries topped with:

GREEK

£9.99

Authentic feta, olives and red onion (CH)

BACON CHEESE

£9.99

Chopped bacon, mature English cheddar (CH)

LOCAL BEEF

VENUS DEVON BURGERS

Venus beef burgers are made gluten free. We offer these burgers with 3 options to replace the floured bap. Either sandwiched between iceberg lettuce leaves or between 2 slices of Knife and Fork farmhouse loaf or in a gluten free seeded bap (EG). Served with fries, homemade garlic slaw and gherkin (MD)

CHEESE

£16.99

Devon grass fed beef with two slices of English cheddar (CH, MD)

BACON & CHEESE

£18.99

Devon grass fed beef with two slices of English cheddar and two rashers of English back bacon (CH, MD)

SEAFOOD

WHOLE TORBAY SOLE (15 minute prep and cook time)

£18.99

Oven baked with olive oil and lemon served with homemade garlic slaw and bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage) (FH)

WHOLE MACKEREL

£16.75

A large locally landed succulent mackerel. Served whole, baked with olive oil & lemon served with homemade bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage), and garlic slaw (FH)

SMALLER MEALS

HOME MADE TOMATO & RED ONION SOUP (V)

£8.99

Topped with fresh basil served with seeded gluten free bap (EG), olive oil and balsamic

SALADS

ASIAN SALAD (VG)

£4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)

HOMEMADE GARLIC SLAW (VG)

£3.99

Red & white cabbage, garlic, carrot and vegan mayo

GREEK SALAD

£13.99

Traditional Greek salad with cucumber, red onions, kalamata black olives and vine tomatoes topped with authentic Greek feta (made from sheep and goats milk) (CH)

GLUTEN FREE MENU

ALLERGEN KEY

BARLEY = BR
BUTTER = BT
CELERY = CY
CHEESE = CH
CREAM = CR
CRUSTACEAN = CS
EGG = EG
FISH = FH
MOLLUSCS = MS

MUSTARD = MD
MILK = MK
OATS = OT
RYE = RY
SESAME = SE
SOYA = SY
SPELT = ST
PEANUT = PN
SULPHITES = SP

WHEAT = WH
WHEAT FIBRE = WFB
WHEAT FLOUR = WFL
WHEAT GLUTEN = WG
V - VEGETARIAN
VG - VEGAN
VGO - VEGAN OPTION
GF - GLUTEN FREE
GFO - GLUTEN FREE OPTION



loving the beach®

VEGETARIAN AND VEGAN MENU

Served until 11:30 BREAKFAST

Vegetarian and vegan full breakfasts served with a thick slice of Cornish sourdough toast **(WFL, RY)**, with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

Items cannot be swapped from a set breakfast but you are welcome to order additional items

VENUS VEGETARIAN BREAKFAST (V) £12.99

Two free range Devon eggs, two veggie sausages, roasted red peppers, two bubble & squeak, scrambled organic tofu & sourdough toast with butter **(WFL, RY, SY, BR, EG, BT, WG)**

MAKE IT PLANT BASED (VG) £12.99

Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast **(WFL, RY, SY, BR, WG)**

EGG BAP £4.99

Two free range fried eggs **(EG, WFL)**

SOURDOUGH TOAST

TWO SLICES OF THICK CUT CORNISH SOURDOUGH TOAST (WFL, RY, BT) £4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

PANCAKE STACK

FOUR WARM PANCAKES (WFL, EG, CR) £6.50

Light & fluffy pancakes with strawberry pieces and maple sauce

CROISSANT (WFL, BT, EG, WG)

ALL BUTTER CROISSANT £2.99

CROISSANT WITH BUTTER AND PRESERVES £4.99

ALL DAY BAPS (WFL)

VEGAN SAUSAGES (VG) £7.99

Three vegan sausages **(WH, BR, WG, WFL, SY)**

FRIES

POT OF FRENCH FRIES (VG/GFO) £3.99

SPICY SEASONED FRIES (VG/GFO) £4.99

Crispy delicious fries tossed in our secret seasoning mix of 8 spices

CHEESY FRIES (V) (CH) £5.99

VEGAN CHEESY FRIES (VG) (BR, SY) £6.99

MUSHROOM GARLIC CHIPS (WFL, VG) £6.50

Breaded portobello mushroom slices with sriracha mayo

GREEK (V) £9.99

Authentic feta, olives and red onion **(CH)**

LOADED FRIES

Large portion of fries topped with:

GREEK £9.99

Authentic feta, olives and red onion **(VG) (CH)**

VEGAN £7.99

Vegan cheddar, vegan gravy and crispy onion bits **(BR, SY, WFL)**

DELICIOUS ICE CREAM

SCOOP ICE CREAM + 1 Scoop £2.99 Kefir chocolate & cherry **(MK, EG)**, Chocolate **(VG)**, + 2 Scoop £4.99 Vanilla **(VG)**

JUDE'S ICE CREAM TUBS £4.50

Mango Sorbet **(VG)**, Sicilian Lemon **(VG)**, Very Vanilla, Mint Choc Chip **(VG)**, Strawberries & Cream, Salted Caramel, Black Coconut, Truly Chocolate

PLANT BASED

VENUS HOMEMADE TOMATO & RED ONION SOUP (VG) £8.99

Served with a delicious stone oven baked baguette **(WFL, RY)**

BREAKFAST PLANT BURRITO (VG) £9.99

Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce **(SY, WH, BR, WG, WFB, WFL)**

VEGAN SAUSAGE BAP (VG) £7.99

3 vegan sausages **(WH, SY, BR, WFL, WG)**

PEA & MINT ARANCINI (VG) 🍷 £7.99

Panko breaded and hand made in Venus kitchens. A delicious Sicilian inspired recipe of peas and fresh mint with onion, arborio rice and garlic served with a fresh lime mayo **(WFL)**

The burgers below are served with garlic slaw, iceberg lettuce in either a gluten free bap (EG), vegan gluten free bread or bap (WFL, BR, WH)

BLACK BEAN BURGER (VG)(GFO) 🍷 £10.99

A stunning Venus creation - highly nutritious and tasty. Black beans, red peppers, cumin, garlic, red onion, chilli, flax seed, gluten free flour, black bean & garlic with lime mayo.

VENUS TOFU BURGER (VG)(GFO) £10.99

The famous Venus tofu burger. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices with mayo. **(SY, SE)**

WRAPS & BAGUETTE

Made daily in our kitchen. Served with garlic slaw or 2 Farmers crisps

VENUS FALAFEL & HUMMUS WRAP (VG) £9.99

pea & mint Venus falafel and turmeric hummus, Moroccan carrot, vegan mayo, garlic mayo slaw & lettuce **(WFL, WG, WFB, SE)**

PLOUGHMANS WRAP (V) £10.99

Mature West Country cheddar, jail ale Devon chutney, mayo, onion & lettuce **(WFL, WG, WFB, MD, CH)**

TACOS 🍷

With garlic slaw, asian salad (carrot, celery, red peppers, red onions and sesame oil) **(SE, SY, CY)** & sriracha mayo in 2 warm flour tortillas **(WFL, WFB, WG)**

FALAFEL (VG) £9.99

Venus hand made pea & mint falafel

SMALLER MEALS

PASTA POMODORO (V, VGO) £7.99

Penne pasta **(WH)** with Venus pomodoro sauce & grated cheddar cheese **(CH)** (Vegan cheese available)

HOME MADE TOMATO & RED ONION SOUP (VG) £8.99

Topped with fresh basil served with crusty bread **(WFL, RY)**, olive oil and balsamic

SALADS

ASIAN SALAD (VG) £4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing **(SE, SY, CY)**

HOMEMADE GARLIC SLAW (VG) £3.99

Red & white cabbage, garlic, carrot and vegan mayo

GREEK SALAD (V) £13.99

Traditional Greek salad with cucumber, red onions, kalamata black olives and vine tomatoes topped with authentic Greek feta (made from sheep and goats milk) **(CH)**

THICK MILKSHAKES ALL £4.99

A smooth creamy hand spun milkshake made with fresh milk and double cream **(MK, EG)**

STRAWBERRY

With Jude's strawberry coulis and strawberry pieces

CHOCOLATE

With Jude's Belgian chocolate sauce and choc pieces **(SY)**

BISCOFF BISCUIT

With Lotus Biscoff crushed biscuit sauce and crumb **(SY, WFL)**

BANANA

With banana sauce and dried banana pieces

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